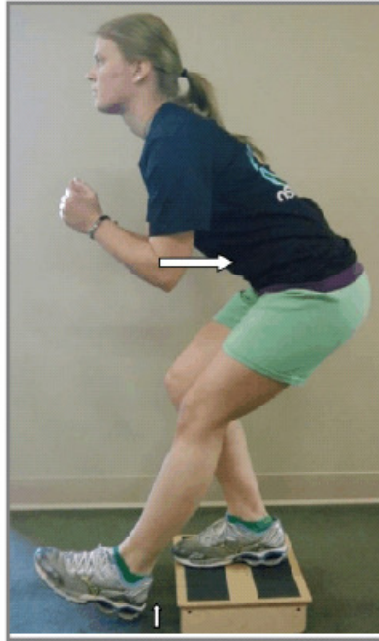




## Retro Step



Stand in front of a small step (a phonebook also works) and step backwards onto step keeping your hips back and maintaining a neutral spine. Lightly pull in your abdominals (think: pulling belly button away from waist band) and with your weight in your heel on the step, slowly raise opposite foot 1 inch off ground. Let foot hover 5- 10 seconds for 10 reps and then switch sides.

When doing this exercise correctly, your hips should stay level and your knee in line with your toes.

